

**18<sup>th</sup> July 1987**

**Unlisted Training Meet**

MEET REPORT

Unlisted Training Meet, Abbey Road, Barrow-in-Furness, Sat. 18 July 'B7.

Members Present.

A.D.C-P-Thomas. .... Meet Leader.

Guy Jones.

Paul Timewell.

Having assembled at the venue at 2.00pm, all members now complete with their own personal S.R.T. gear, we first went through each person's equipment and any deficiencies (ie the odd maillon or krab lacking) were noted and the individual advised accordingly. Some time (approx. 1hr) was spent in adjusting individual personal gear (cows tails, foot loop and security link lengths etc) and the relevant technical considerations explained.

Having rigged two fixed rope pitches, the following techniques and manoeuvres were now practised.

<u>Technique Performed</u>		<u>Performance</u>
Abseiling, control of rate of descent	Re-familiarisation from stage 1 training meet.	OK.
Prussicking		OK
Change over, prussic to descent	" "	OK
Change over, descent to ascent	" "	OK
<u>New Techniques Introduced</u>		
Rope deviation		OK
Rope protector, top only and top and bottom fixed		OK
Re-belay, ascent and descent		OK
Reverse Prussicking		OK
Rope join, ascent and descent		OK

Time was not available to go into self rescue and pitch rigging techniques. Explanations and demonstrations were given to illustrate the potentially serious consequences of such events as; attempting to descend without control of tension on rope tail, attempting to pass re-belay by passing foot loop jammer first on ascent, performing any form of S.R.T. manoeuvre (including abseiling) without chest harness and prussicking equipment in place.

All such demonstrations were performed in a carefully controlled manner, in the best possible environment (i.e. open air training pitch) and were included to better impress upon the participants (than would say, a simple explanation alone) the consequence of these common S.R.T; mal-practices. Training meet concluded at 7:10pm.

This, the first 2nd level training meet in the two tier training program, proved to be a success in that greater time and instruction was available to each participant. Each trainee, now coming in with personal S.R.T. gear and a certain level of familiarity (from the 1st level meet) is better enabled to digest the new techniques introduced today. It should be remembered though, that while the performances of techniques were quite satisfactory at the end of the day, that after any period of time this expertise may tend to evaporate from lack of practice, and accordingly all trainees should be weaned gently into the real underground S.R.T, and closely observed until such time as they prove themselves to be thoroughly competent.

A.Thomas.  
29/7/87